

**STOMACH, GUT AND BLADDER**

Your stomach may not digest food as good as it used to. This could cause **bloating and nausea**.



You may suffer from **constipation or diarrhoea**.



You may be more **thirsty** and want to **wee more** often.



**I'm thirsty**



It can sometimes become **painful**.

You may also find that you can not feel when you want to go to the toilet which may cause you to **wee (wet) yourself**.

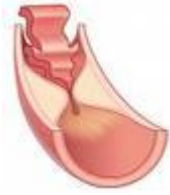


What can happen to  
me  
If I **don't** take my  
**DIABETIC  
MEDICATION**

If you do not control your diabetes by eating properly and taking your tablets the following things may happen to you.

## HEART AND CIRCULATION

Fatty deposits (cholesterol) can build up in your blood vessels (veins and arteries). This makes it difficult for the blood to pass through them.



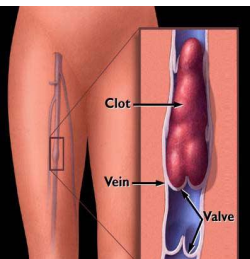
This can result in :-



**Stroke:-** loss of use (paralysis) of the limbs (legs and arms) on one side of the body. Can effect speech and swallowing. **Can even cause death.**



**Heart attack :-** damage to the heart that can not be fixed. Can lead to general weakness, breathlessness, tiredness. **A heart attack can kill you**



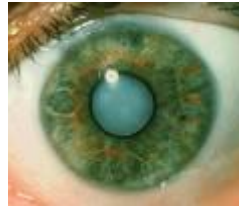
**Leg thrombosis:-** this can cause numbness (pins and needles) and pain in the leg. **In severe cases you may have your leg amputated (chopped off).**



Alamy

## EYE PROBLEMS

The tiny blood vessels at the back of the eye. This will affect your **eyesight**. If left untreated it could lead to **blindness**.



You may also develop **cataracts**. This is when the lens of the eye changes and becomes white, causing problems with your ability to see things

## FOOT PROBLEMS

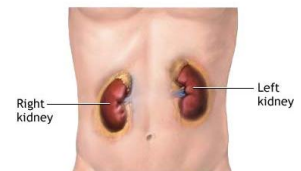


Diabetes can damage the nerves to the legs and feet. This can cause **loss of feeling**, and cause **pain**.



## KIDNEY PROBLEMS

Your kidneys may stop working properly. This can cause **pain** in your back.



If it the damage continues you may have to have **dialysis**. This is when your blood is filtered through a large machine.